This adaptation of a famous Diego Rivera painting has several features that redefine the Latina female role:

- Hair is lightened and streaked with gray, reflecting aging
- Figure is wearing active wear (t-shirt and shorts, tennis shoes)
- Pose is more active/ assertive and implies movement
- Pose itself is reminiscent of lunges, a strength-training exercise used to build muscle in the quadriceps, hamstrings and gluteus muscles
- This image is designed to be displayed as a public mural, but may be incorporated into health education literature.
This famous Diego Rivera painting has several features that promote a more traditional Latina female role:

- Woman appears to be young
- Figure is wearing traditional peasant dress and is shoeless
- Pose is passive; figure is on knees with semi-bowed head
- Pose itself is reminiscent of praying or reflection; figure appears calm in her passivity
- This famous image is well-recognized among Mexican and Mexican-American persons, and frequently appears in public murals-making it an ideal image for transformation.